

CIRCUIT TRAINING

Year 1/2

WEEK 11

TOTAL BODY WORK OUT

Focus:
Challenge yourself

Suggested work out:

Pulse raiser of light jogging, skipping, arm movements in circles and across your chest followed by dynamic stretches.
Before you begin your workout can you get a score in your head and try to beat the score.
Work on each station for 60 seconds followed by a 30 second rest and move to the next station. Repeat 2-3 times depending on time and child capabilities.

CARS, TAKE YOUR MARKS!

Have children walk, jog or run (not race) around a circular area, this should be a continual for roughly 2 minutes.

CAPTAIN JACK

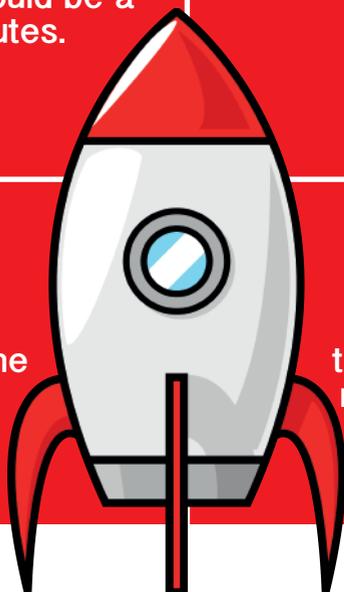
Perform as many jumping jacks as you can.

GRIZZLY PUSH UPS

Start with feet and hands on the floor. Bend knees and elbows to take a bear position. Hands slightly higher than head. Rock your weight from your feet to your hands and back again.

ROCKET

Crouch down in a squat position. Explode and jump up into the air as high as you can.



CLIMB THE RIGGING

On the spot reach up high with one arm and raise the opposite knee and then repeat to climb the rigging.

SPACE HOPPERS

Have a line around 5 metres in front of you and hop to the line. Hop on the spot and turn around returning to the start. Now try the other leg.

EQUIPMENT:

Cones / gym mats / hoops

ONE



TWO



THREE



FOUR



DO

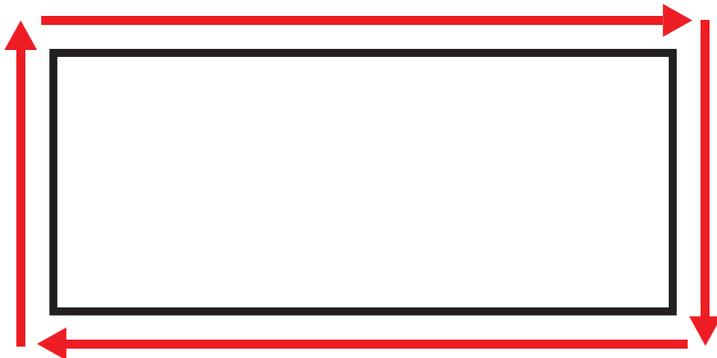
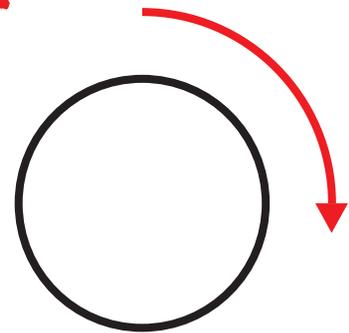
From a standing position explode in the air to form a star shape (like the red man on the banner). Land with squishy knees and repeat.

THINK

Why is it important to keep healthy teeth?

FEEL

Why do our teeth hurt if we eat too much ice?

ONE**TWO****THREE****DO**

Create a course, track or markers to run between. Take your time and either walk, jog or run at your own speed. Try to have a 'pace' that is comfortable to last the time you are exercising. If you sprint you will not last as long. Take care when moving around or past other people.

THINK

How do you exercise your heart? What does it need to do?

FEEL

What do you like to do after exercising?

ONE



TWO



THREE



DO

Standing tall, lock your tummy and pull your shoulders back. Lift one leg in the air and raise the opposite arm. You can hold this or put these down and raise the other arm and leg quickly. Feel the weight through your foot. Improve your balance by locking the tummy.

THINK

How many hours a night of good sleep should we get?

FEEL

What activities are good to do before we go to bed?

ONE



TWO



DO

Start in a bear crawl position with your knees bent and slightly off the floor. Have your arms slightly wider than your shoulders. Keeping your feet where they are push forwards with your feet so your head moves ahead of your hands. Rock back to the start and repeat.

THINK

Where are your lungs?

FEEL

Why are your friends important to you when you exercise/ play?

ONE**TWO****THREE****DO**

Hold yourself in a ball and have your heels off the floor so you can spring high in the air. Push through the balls of your feet so you jump high into the air. Jump as high as you can and reach upwards. Land with squishy knees and on the balls of your feet. Curl up and go again.

THINK

How much of your brain is made up of water?

FEEL

If we loose a game or a match how should we feel?

ONE**TWO****DO**

Start with one leg off the floor balancing on the other leg. Keep your chin, knee and toe in line. Hop forwards and land. If you can't land on one foot, land on two feet and then hop forwards. Try not to lean too far forwards. Keep hopping forwards to the cone.

THINK

What does a red blood cell do?

FEEL

How you ever had pins and needles? Why do you think we get them?